



# December 2015 Senior Center Gazette



## Sweet Sendoff<sup>™</sup> for Linda Olla!

Please join us on  
Tuesday, December  
8<sup>th</sup> from 3:00 -  
6:00pm, as we  
celebrate our

Fremont Senior Center Leader. We are planning a "Sweet Send-off" with some coffee, tea, and sweets. Join us at the Fremont Senior Center!



## December Birthday Party! Friday, December 11th at 1 pm

Celebrate the holidays with a special Holiday entertainment by Prince of Peace Handbell Choir just for us! Cake provided by Roses' Mortuary and special gift certificates by the Builders Fund, Garden Club and Hope Station. No Charge for dessert or entertainment so please come and enjoy!

### Christmas Lunch!

Friday, December 18<sup>th</sup> at 12pm  
\$6m or \$8nm

Bring the whole family and enjoy a great holiday event. Our Chefs will be preparing New York Steak w/ Red Wine Sauce & Roux, Potato Gratin, Broccolini, Arugula Salad, Chocolate Almond Bread Pudding! **Buy tickets early, as this event always sells out!**



## Breakfast with Santa! Monday, December 21<sup>st</sup> At 9AM

Bring your grandkids to have breakfast with Santa! Breakfast will include Bacon, Chicken Sausage, French Toast, Hash Brown, Scrambled Eggs, Maple Syrup, and Fruit. Monday, December 21<sup>st</sup> at 9am at the Fremont Senior Center. \$5 m/\$7 nm \$3 for kids 12 years old and under.

**AARP Tax-Aide Appointments**  
Volunteers will be here again this year from February 2-April 11<sup>th</sup>, 2016 to assist with tax preparation.  
By appointment only.

## COMMUNITY SERVICES

<b>FREMONT HUMAN SERVICES DEPARTMENT</b> .....	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Help Line - Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2041
Senior Peer Counseling.....	574-2041
Caregiver Support Program.....	574-2041
<b>LIFE ELDERCARE</b> .....	574-2090
Meals on Wheels.....	574-2092
Fall Prevention Program.....	574-2087
Friendly Visitor Program.....	574-2097
Travel Escort Program (VIP Rides).....	574-2096
<b>AFGHAN ELDERLY ASSOCIATION</b> .....	574-2059
<b>ALAMEDA COUNTY WEBSITE</b> .....	<a href="http://www.alameda.networkofcare.org">www.alameda.networkofcare.org</a>
<b>AL-ANON HOTLINE</b> .....	276-2270
<b>ALZHEIMER'S ASSOCIATION HOTLINE</b> .....	1-800-660-1993
<b>ALZHEIMER'S SERVICES OF THE EAST BAY</b> .....	888-1411
<b>ARTHRITIS FOUNDATION N. CALIFORNIA CHAPTER</b> .....	1.800.464.6240
<b>BACS ADULT DAY CARE CENTER</b> .....	656-7742
<b>CITYSERVE COMPASSION NETWORK</b> .....	510-796-7378
<b>COMMUNITY HEALTH RESOURCE LIBRARY</b> .....	494-7030
<b>EAST BAY PARATRANSIT</b> .....	1-800-555-8085
<b>HEALTH INSURANCE INFORMATION SERVICE</b> .....	1-800-770-9447
<b>HOUSING ASSISTANCE</b> (FREMONT OFFICE OF HOUSING & REDEVELOPMENT).....	494-4500
<b>LEGAL ASSISTANCE FOR SENIORS</b> .....	1-800-393-0363
<b>MEDICARE</b> .....	-800-952-8627
<b>MEDICARE &amp; INSURANCE COUNSELING (HICAP)</b> .....	01-800-393-0363
<b>TRI-CITY HEALTH CLINIC</b> .....	770-8133
<b>SENIOR LIBRARY SERVICES</b> .....	745-1499 or 745-1491
<b>SENIOR CENTER WITHOUT WALLS</b> .....	1-877-797-7299
<b>SOCIAL SECURITY</b> .....	1-800-SSA-1213
<b>TRI-CITY ELDER COALITION</b> .....	<a href="http://tceonline.org">tceonline.org</a> or 574-2030

## Surviving the Holidays Strategies for Family Caregivers

Are you overwhelmed or worn out due to holiday tasks, traditions and caregiving obligations? Sign up for this great 1 day workshop, you will learn strategies in decreasing stress and increasing holiday enjoyment and well-being. **Wednesday, December 9<sup>th</sup> 10am - 12pm** at the Fremont Senior Center, sign up by stopping by the office or calling 510.790.6600.

## Tips, Tricks, and Technology for Living at Home for a Lifetime

Join us on **Thursday, December 10 from 11-12pm** to learn about equipment and home adaptations that can keep you living safely and independently in your own home. Sign up at the Fremont Senior Center office or by calling 510.790.6600.

## 9<sup>th</sup> Annual Crab Feed fundraiser for Fremont Senior Center! Friday, Feb 19, 2016

**Location: Fremont Elks Lodge  
38991 Farwell Dr.  
Fremont, 94536**

Please call the office at 790-6600 for ticket reservations & information.



## Disney Family Museum Wednesday, January 20, 2016

\$74 Member  
\$84 Non Members

### Jersey Boys

Wednesday,  
February 10, 2016  
\$153 Member  
\$158 Non Members



CACHE CREEK  
CASINO RESORT

**Cache Creek Resort Casino**  
Wednesday, February 24, 2016  
\$29 Member  
\$32 Non Members

### New Year's Lunch!

January 5, 2016  
Come by and help us welcome  
2016 at our **New Year's Lunch!**  
**Buy tickets in advance!**

## Happy Holidays!

**The Senior Center will be closed  
Dec 24<sup>th</sup> and reopen Jan 4, 2016**



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2050.